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University of the Pacific

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The Pacifcan

University of the Pacific's Newspaper since 1908

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Thursday,
February 18, 2010

www.thepacifcan.com

An Unknown Opportunity: Italian Immersion Program in Assisi

Josh Chipponeri
Contributing Writer

There is an Italian immersion program available to Pacific students who would like to travel and earn language credit. Spending 6 weeks this summer in the beautiful Umbrian hill town of Assisi, home of Saint Francis, and earn 8 Pacific extension units equivalent to first year college Italian.

Such an opportunity is one of the luxuries of enrollment; however this information is largely unknown on campus. With features including; 140 hours of intensive small-group instruction with highly trained native speakers, and group excursions in the region and to Rome and Florence, the experiential learning value of Pacific translates well through this program.



is Prof. Martin Camps. To follow up with him go to mcamps@pacific.edu or visit pacific.edu/x18688.xml.

There is a cost of \$3,100 subject to minor adjustments based on the euro exchange rate. This cost includes classes, books, apartment rental, activities,

and excursions. Cost does not include airfare, shuttle, food, or apt. utilities. Estimated additional cost is airfare at 600 Euros. From students who went last year, the program was a positive impact on their experience. The chance to go to Italy, learn the language, enjoy the culture and most importantly appreciate the food, is available to the students who want to go.

Whether your fancy is a guided tour, culture and entertainment of Italy or to learn firsthand the experience of an Italian cook, the activities and amenities of the program are a glowing example of the possibilities awaiting Pacific student participation.

To keep you aware, there is an application and a deadline process. The deadline is March 1, and the individual for contact

Pacific Joins Competition to Raise Environmental Awareness

Media Relations

The University of the Pacific has joined a nationwide competition among colleges and universities seeking to reduce the most waste and recycle the most materials over a 10-week period. The competition, which involves 607 colleges and universities, will run through March 27.

RecycleMania 2010 is designed to increase recycling by students and college employees across the country and to raise awareness about the importance of on-campus sustainability programs. The competition, which started on Jan. 17, includes colleges and universities in 49 states, the District of Columbia and Canada. UC Davis, Santa Clara and Stanford universities are among 40 California schools participating.

"We thought this was a great opportunity to raise environmental awareness among students and the entire Pacific community in a fun, competitive way," said Jaiya Ellis, project coordinator for Student Life Sustainability Programs. "Not only will this help make Pacific a more sustainable campus, it will help build on existing university-wide environmental programs."

In preparation for the competition, Pacific has purchased 1,200 seven-gallon blue recycle bins for campus residence halls and University apartments. Students are urged to fill their bins with paper, cardboard, cans and bottles. Each week Pacific submits reports on the amount of recyclable materials, food waste and general trash collected.

The school that recycles the most materials per capita, produce the least amount of waste, and recycles the largest percentage of their

overall waste, will win the competition. In 2009, 510 schools collected over 69.4 million pounds of recyclables and compostable organic materials.

RecycleMania began in February 2001 as a challenge between Ohio University and Miami University. It is now administered by the nonprofit organization Keeping America Beautiful (KAB) in partnership with the U.S. Environmental Protection Agency's WasteWise program.

For more information contact Jaiya Ellis at 209.946.2763 or jellis@pacific.edu or go online at <http://www.recyclemania.org>.

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It Takes a Rainbow: Bridging the Mountains to the Bay 2010

Media Relations

Peter Paige, one of the actors in the hit television show "Queer as Folk" will be the keynote speaker at University of the Pacific's day-long conference "It Takes a Rainbow: Bridging the Mountains to the Bay 2010." The conference will be held on Feb. 20 at Pacific's Stockton campus. It will be open to the public, but registration is required.

The event is designed to explore local, national and international issues facing the Lesbian, Gay, Bisexual, Transgender, Queer and Intersex community. In addition to Paige's speech, there will be a closing performance by noted drag queen Miss Coco Peru. Other events include numerous workshops on social and legal issues affecting the gay, lesbian and bisexual communities.

"Coming together for a conference like this one is more important than ever

since we are on the verge of a great breakthrough in the recognition of the basic human rights of LGBTQI people," said Steve Jacobson, associate vice president for student life and co-chair of the conference. "Even though Proposition Eight passed in California, we are seeing a variety of polls that indicate many people are more accepting of the LGBTQI community."

That may be because of the work of people such as Paige who has made being gay a natural part of American culture through his work. He is perhaps best known for his role as Emmett Honeycutt on Showtime's hit series "Queer as Folk." He also had recurring guest roles on "Will & Grace," "Time of Your Life," and "Caroline in the City." His first role was in a guest spot on "Suddenly Susan." Paige also is known for his theatrical work, most notably at the La Jolla Playhouse, Portland

Center Stage, and Playwrights Horizons.

"Miss Coco Peru," also known as Clinton Leupp, is best known for his drag performances in the films "Trick," "Girls Will Be Girls," and "To Wong Foo, Thanks for Everything! Julie Newmar." He also has appeared in guest roles in "Will and Grace," Bravo's reality series "Boy Meets Boy" and the comedy film "Straight-Jacket."

While some of the conference will focus on issues that affect student populations in higher education, the event is open to all community groups that wish to learn more about the LGBTQI communities and the issues surrounding them today.

More information about the conference, including registration, can be found online at lgbtqia.pacific.edu, at 209.946.7707 or by e-mail to multiculturalcenter@pacific.edu.

UNIVERSITY OF THE PACIFIC DEPARTMENT OF PUBLIC SAFETY WEEKLY REPORT

February 7 - 13, 2010

For updated information, please join Public Safety on Facebook and Twitter at <http://web.pacific.edu/x499.xml>

UNIVERSITY REG DAVE BRUBECK

2-7-10

Officers responded to a noise complaint. Officers made contacted and advised accordingly.

DUI ARREST PERSHING & BROOKSIDE

2-7-10

Officer conducted a vehicle stop and determined the driver was DUI. CHP responded and arrested the driver. CHP transported the driver to county jail.

VEHICLE ACCIDENT PACIFIC AVE

2-7-10

Officers reported a non-injury accident. Both subjects exchanged insurance information.

AIDED STOCKTON PD OFF CAMPUS

2-8-10

Officer flagged down on a report of a battery off campus. Officers responded and assisted a solo SPD officer. Officers assisted checking the area.

THEFT SPANOS CENTER

2-9-10

Victim reported an instrument stolen over the winter break. Officers initiated a report.

NOISE COMPLAINT ALPHA PHI

2-10-10

Officers responded to a noise complaint of people playing basketball making too much noise. Officers advised to keep the noise down.

DISTURBANCE PERSHING AVE

2-10-10

Officer reported viewing a male and female fighting. Officer made contact.

CASUALTY BROOKSIDE

2-10-10

Officer reported Stockton and an ambulance on scene. Officer reported female

transported to a local hospital via ambulance.

CASUALTY MCCAFFREY UC's

2-10-10

Officers responded to a report of a male subject refusing medical due to a burn. Officer reported subject will seek own medical.

WELFARE CHECK CASA WERNER

2-10-10

Officers responded to a male subject after a parent called concerned. Officer located the subject and parent advised.

BURGLARY MAIN LIBRARY

2-11-10

Officers responded to a burglar alarm and reported seeing a male subject inside. The subject ran from the building and officers pursued the subject on foot. Subject was arrested at 3:13 AM for burglary, resisting arrest and an outstanding burglary warrant.

ALCOHOL TRANSPORT BROOKSIDE HOUSE

2-11-10

Officer and medics responded to a report of a female with chest and head pain. Subject was transported to a local hospital.

WELFARE CHECK SOUTHWEST HALL

2-11-10

Parent from alcohol transport called to check the status of roommate. Officer responded and was unable to locate. Parent called back to report contact was made and roommate was safe off campus.

SUSPICIOUS INCIDENT PACIFIC AVE

2-11-10

Staff reported 2 suspicious subjects loitering in the lot. Officers located the subjects coming from under the bridge. Subjects advised to leave the area.

FIELD INTERVIEW PACIFIC HOUSE

2-11-10

Officer conducted a checkout on a male subject going through the dumpster. Subject was interviewed and revoked from campus.

CASUALTY GEORGE WILSON

2-11-10

Officers and medics responded for an ill female. Subject was transported via ambulance to a local hospital.

SUSPICIOUS INCIDENT SCHOOL OF ED

2-12-10

Officer responded to a report of a male subject going through the dumpster. Officer located the subject, interviewed and warned.

THEFT DAVE BRUBECK

2-12-10

Victim reported the theft of his JVC CD drive from his unlocked vehicle. Officer responded and initiated a report.

WARRANT ARREST LOT 8

2-12-10

Officer located an unoccupied vehicle with an air rifle/pellet gun in the rear seat. Officer reported the owner of the vehicle returned to the vehicle and was arrested the owner at 10:58 PM due to an outstanding warrant. Subject was transported to the county jail.

FIELD CHECKOUT BAXTER WALKWAY

2-13-10

Officer conducted a checkout on two juveniles. Juveniles were warned of curfew and turned over to parents.

ALCOHOL ARREST LOT 19

2-13-10

Staff reported an intoxicated male subject near the dumpsters. Officers responded and arrested the subject for public intoxication at 7:11 AM. Subject was transported to the county jail.

Students to Clean Up Oak Grove Park

Media Relations

For the third year in a row, University of the Pacific students will donate a Saturday to work for the community. The students will clean up Oak Grove Regional Park and work on landscaping projects alongside employees of the park and the Oak Grove Nature Center. This is part of Pacific's 3rd Annual Campus Day of Service, which will be held from 9:30 a.m. to 12:30 p.m. February 27. The event is organized by Pacific's Center for Community Involvement (CCI).

"Not only does the Stockton community benefit from Campus Day of Service and the work the volunteers do, but the Pacific community benefits from seeing one of the many things Stockton has to offer," says Ruben Cruz, Pacific's Reach Out Coordinator. "These projects also drive home the idea to students that everyone is responsible for the community they live in."

Up to 100 students, faculty, and staff members from the Stockton campus are anticipated to sign up for the project. Oak Grove Regional Park was selected for this

year's project because it offers many different recreation opportunities to the Stockton community, including a mini-lake with paddle boats available for rental, group picnic areas, an indoor nature center, and a nature trail.

Last year, for Pacific's annual Campus Day of Service, the CCI worked with Stockton's Community Service Department to do a major renovation project at Oak Park. Volunteers painted, landscaped, and otherwise cleaned the park in order to improve the facilities for Stockton residents. That event attracted more than 100 students.

The CCI, formerly known as the Anderson Y, has been part of the Pacific campus for nearly a century. The center offers tutoring to area school students, organizes community volunteer efforts and runs the "Partners in Education" effort where local school children spend a day exploring college life.

For more information please visit Reach Out's website at www.pacific.edu/reachout or contact the CCI at 209.946.2444, cci@pacific.edu.

G.I.V.E. Competition

We highly encourage members of the organizations to log their hours on Reach Out Online at www.pacific.edu/reachout in order to earn credit for their endeavors! If you are interested in being part of the Groups Competition please contact Stephanie Labasan at cci@pacific.edu or 209-946-2444.

Below you will find the top six organizations within the competition at this moment and the hours of community service they have completed. Good luck to all and don't forget to log those hours! The last day to log your hours towards the GIVE Competition is Monday, April 12.

Reach Out Groups Competition Rankings

Organization	Hours Logged (on Reachout as of Feb. 16)
Alpha Phi Omega	771.25
Sigma Chi	479.25
Alpha Phi	393.5
Circle K	210.75
Gamma Alpha Omega	191
Omega Delta Phi	126

PERSPECTIVES

Now Vs. Then Harmful ingredients in our food

Natalie Compton
Staff Writer

In the days of our forefathers, or just our grandmothers, eating was simple. Eating during this generation, however, can be not only complicated, but sickening as well.

Today, the average shopper doesn't buy food to cook plates from scratch. Modern shoppers are shopping for instant meals with fewer fusses, fewer dishes, and fewer nutrients. What they are getting more of are chemicals.

Past generations of shoppers went to the grocer to pick up some 12-cent ingredients, and then used a recipe to concoct one dish or another. If it was called chicken potpie, there was chicken in it. If it was called butter, there was churned milk in it.

Then, fat free usually pertained to milk, and the claim was usually true. Now, when a packaged food is fat free, it only means that there is less than .5 grams of fat in the product per serving.

Though everyone needs a little fat in his or her diet, the fat that people are picking up in the frozen food section are less than choice picks. Once again, the scientifically laced food sold in supermarkets today can be filled with a health disaster: partially hydrogenated oils. These oils are fat at its fiercest.

The oils are in all kinds of food including bread, margarine, cookies—in short, anything that has an unusually long shelf life is a suspect of harboring these foul

oils.

The partially hydrogenated oil is chock full of trans fat. It will mess with a person's metabolism and enter the body where it will be treated as food, but the bloodstream cannot absorb it so it gets stored as fat.

Besides the fact that these oils can make consumers fat, they also carry more serious side effects. These oils lower good cholesterol while raising the body's bad cholesterol, and every year trans fats have been considered responsible for 30,000 premature deaths.

The sad dilemma of the partially hydrogenated conundrum—which is in stuff like Oreos, Tiger Milk bars, and bread in restaurants—is that no one really knows about them.

With expert marketing by big corporations, partially hydrogenated oils now have a new name to hide behind: mono-diglycerides. Though not completely the same, this oil is just as harmful to the body.

One of the most shocking truths of this industry is that these oils may be used in the first place. Canada and many European countries have banned or set dates to ban these oils. What is America waiting for?

I see people driving places when they could be walking, eating McDonalds when they could be noshing on vegetables, buying Twinkies instead of turnips. I believe, in part, that the reason for these unhealthy behaviors is that people are not aware of the consequences of their nutritional actions. I do not

believe that they are aware of the 700 calories or the 32 grams of fat (which include trans fat) in a KFC Famous Bowl.

When our grandparents meandered the aisles of the grocery store, they were not faced with the same chemically-altered options. They picked from the breakfast cereals their children liked best without fear of noxious ingredients or childhood obesity.

The food market today is a collaboration of science, profit, and lies. The majority of the population is being swindled and manipulated by corporations who know that red will make hungrier than blue. These companies know how to hook their audiences and bring them in for capital without cardiac arrest and calories in mind.

In the documentary film "Food, Inc." we are told that we are capable of cleaning up this chemically contaminated industry. Every time we buy something at the store, we are communicating with food companies what we want them to keep producing. By supporting foods with partially hydrogenated oils, we are supporting their continuation on our shelves.

It is hard to ignore the fact that partially hydrogenated foods taste good, but let us remember the fact that they are deleterious to our health. We too can live like our parents' parents and cook real food, with real ingredients and real nutrition.

A Letter from the Pacific Tiger Dancers

Dear Pacific Community,

On behalf of the Tiger Dancers and Athletic Marketing we would like to express our sincerest apology for the song that was selected during the Pacific Men's Basketball game on Thursday, February 4th that contained a racial epithet.

It is not our intent to offend anyone based on race, gender or nationality, as we do not condone the use of such derogatory language. Unfortunately, we did not recognize the word. Had we known it was in the song, we would have removed it by editing it out. A stricter policy within the department has been developed to ensure that this never happens in the future.

Once again, we express our sincerest apology as we personally understand the impact that these words can have.

Sincerely,
Pacific Tiger Dancers

THE PACIFICAN Spring 2010

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Interested in advertising?

Contact pacificanads@pacific.edu

All advertising submissions must be in each Monday by 5 p.m. unless otherwise negotiated.

EDITORIAL POLICY

Editorial comments reflect the views and opinions of the majority of the Pacifican editorial board, unless personally signed. The views of the Pacifican are not reflected in advertising, letters to the editor, or in any articles.

The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.



The Republican

Ruben Moreno
Business Manager

Career Democrat politicians are in big trouble this year. Jerry Brown, a former California governor and secretary of state, and also a former mayor of Oakland is now considering his party nomination yet again. He is the likely winner for the nomination as Mayor Gavin Newsome pulled out of the race citing "personal reasons." It is also unlikely Dianne Feinstein will pull into the race; though in politics, one never must assume anything as surprises are not uncommon.

On the right side we have former CEO of Ebay Meg Whitman running in the primary against California Insurance Commissioner Steve Poizner. This primary is being considered one of the bloodiest in California Republican politics as both contenders have deposited millions of their own dollars in their campaign war chests. I feel both candidates are well qualified to take on the governor's mansion. Whitman and Poizner both built up billion dollar companies in the Silicon Valley which goes to prove their sense of what economic strength and business are. These traits are very much needed these days in Sacramento as California is experiencing one of the worst recessions in its history.

In the US Senate race, we have our current senator Barbara Boxer running against three potential Republican

nominees who include former CEO of Hewlett Packard Carly Fiorina, former Congressman Tom Campbell, and State Assemblyman Chuck DeVore. In this race, I lean toward supporting Mrs. Fiorina. I believe in the current economic meltdown, the wisest thing a Californian could do is vote in a career business person. Fiorina was given a lot of the credit at Hewlett Packard for doubling the annual revenue and for the merger with Compaq. Her experience in the private sector may be the very reason why voters may choose her for office.

It's time for a change California. Boxer has been in office too long and has not done enough. She has constantly voted time and time again for bills in the senate that hurt California. She is a far left wing liberal who cares less about what happens in her home state.

It's also time to vote in a business person to the governor's mansion. We have spent too long voting and playing around with public funds in Sacramento which is leading to an unhealthy path to bankruptcy. Thank you California State Senate and Assembly, and let's not forget to thank all the unions out there for California's troubles.



Ally Mengarelli
Perspectives Editor

The recession has further hurt California's economy. The political process seems broken, given that voters were deeply disappointed by both Republican Gov. Schwarzenegger and the Democratic legislature. Essentially, California needs a governor that will get us out of what *Washington Post* refers to as "one of the most crucial times in the modern history of California."

Analysts predict both Jerry Brown and Diane Feinstein will run for the position of California's governor, even though neither has announced their candidacy. Both have an arsenal of experience. Diane Feinstein notably paved the way for women in

The Democrat

politics having been the first female President of the San Francisco Board of Supervisors, the first, and only, female mayor of San Francisco, the first woman to serve in the Senate from California, and the first woman to chair the Senate Rules Committee and Senate Intelligence Committee.

Brown has also spent a considerable amount of time in office, having already served as governor from 1975 to 1983. Brown understands "the complexities and subtleties of how the state is wired together."

Both Feinstein and Brown have proved their dedication and contribution to California. It seems that in order to restore balance and prosperity to California, we need to have an experienced governor we can trust...someone who has already shown us they have served successfully.

Basically, we can't take any more chances—vote Democrat!

We Need a Journalism Program

Christiana Oatman
Staff Writer

Pacific prides itself on having a large variety of majors with a small professor-student ratio. There is an emphasis on "student-centered" learning. The diversity and personal attention is part of what makes Pacific unique and great. Programs range from education to English to economics to electrical engineering. But look around in the catalogue and you will notice there is no journalism program.

The Communication major is the closest Pacific has to a journalism program. The department offers classes that are related to journalism such as Media and Society (COMM 031) and Writing for Media (COMM 132). Occasionally, a special topics course will focus on journalism, but for the most part, the Communication Department focuses more on broader topics such as theories behind communication methods, various communication methods (nonverbal, intercultural, public speaking, etc.) and public relations. Knowing how to communicate in any venue is important for journalists, but students who want to pursue broadcast, written or online journalism as a career want more education and experience than that.

If Pacific offered even a journalism minor within the Communication Department, it could bring in more students who want to both grow as

writers and reporters and help improve *The Pacifican*. This newspaper is over 100 years old and while our staff does the best they can with the people, resources and funding they have, a journalism program would mean that more people would have training and experience to improve the paper and make it something that we can be even more proud of.

With classes specifically focusing on journalistic writing, history and ethics, journalism majors and *Pacifican* staff writers will be able to improve their critical thinking, interviewing, writing, and computer programming skills. A journalism program will help students figure out their strengths and weaknesses and help them apply for graduate school. Many colleges that have an undergraduate journalism program, like Northwestern University and University of Southern California, have alumni that have been hired by some of the top newspapers, magazines and TV stations in the country.

Pacific offers a number of very successful professional and pre-professional programs. Unlike the more competitive majors like pre-dental and pre-pharmacy, a journalism major is flexible enough that graduates don't necessarily have to continue in that career path, but it's solid enough that it can vastly improve a future journalist's abilities both in their undergraduate years and beyond.

Who's Pat?



PACIFIC ALUMNI ASSOCIATION
www.pacificalumni.org/whosPat



LIFESTYLES

Chinese Heritage Union Rings in the Year of the Tiger

Vivian Lee
Lifestyles Editor

This Tuesday night, students celebrated the Lunar New Year at Pacific by eating traditional treats and learning about the Chinese culture with the Chinese Heritage Union. The John Ballantyne basement was brimming with tables full of traditional Chinese foods as well as tables full of students playing (or trying to play) the game of mahjong.

President John Chu said a few words about the club as did advisor Professor Qingwen Dong, from the Communication Department. Chu mentioned the significance of the color red in Chinese celebrations, and future

club meetings, and Dong wanted to congratulate the idea of bringing new traditions in to mix with traditional Chinese culture.

Students participated in mahjong games and also learned calligraphy. Red envelopes were provided, which included a chocolate coin and information about club meetings. At the Lunar New Year, red envelopes are usually given to youth, and are filled with money to signify a prosperous new year.

The Chinese Heritage Union meets every Tuesday at 8 pm in the basement of John Ballantyne. For more information, check out their Facebook group or email Chrissy Go at c_go@pacific.edu.



Andrew Occiano

Movie Review: Valentine's Day

Courtney Wood
Staff Writer

Last weekend, *Valentine's Day* dropped into theaters just in time for the holiday of the same name. This romantic comedy, though it does have its heartfelt and hilarious moments, relies strongly on the mere presence and abundance of celebrities; however, it should be relying on a script with depth and development.

There are so many mini-plotlines shoved into this movie that trying to cover them all and link them together is a daunting task; the lengthy synopsis may feel a bit like playing a game called "spot the celebrity names."

The character that gets the most screen time seems to be Reed (Ashton Kutcher), a florist who proposes to his career-focused girlfriend Morley (Jessica Alba) on the morning of Valentine's Day.

Among Reed's friends are fifth grade schoolteacher Julia (Jennifer Garner) and the happily married Alphonso



(George Lopez). Julia is dating a man (Patrick Dempsey) whom she thinks is the bee's knees.

Julia's lonely friend Kara (Jessica Biel) is a publicist for football star Sean (Eric Dane). Kelvin (Jamie Foxx) is a second-tier sports newscaster whose boss (Kathy Bates) is making him do a filler Valentine's Day piece, but he really wants Kara to get him an interview with Sean so that he move into the top sportscaster position. Sean's agent (Queen Latifah) has a receptionist named Liz (Anne Hathaway), who is dating Jason (Topher Grace), a mail room worker at the same office.

Edison, one of Julia's young

students, finds his way into Reed's shop to order a special valentine for his crush. Edison lives with his grandparents Estelle (Shirley Maclaine) and Edgar (Hector Elizondo). Edison's babysitter Grace (Emma Roberts) is a high schooler who made special plans with her boyfriend Alex (Carter Jenkins) for Valentine's Day. Grace and Alex have two ditzy friends named Felicia (Taylor Swift) and Willy (Taylor Lautner) who are dating but are not yet ready to take their relationship to a more intimate level.

The film also shows two plane passengers (Julia Roberts and Bradley Cooper) who strike up friendly conversation, but is it not revealed until the very end just how they fit into the rest of the entangled stories.

How did the film-makers wrap up all of these little plots in

two hours? Well, it seems they did so by devoting only a few cursory scenes to most of the plots, not really allowing the audience enough time to become emotionally invested in any of them. The audience is bounced around back and forth between storylines so often that they all eventually seem to run together.

There are other flaws which keep this love-note from being fully compelling. For example, casting Jessica Biel as a depressed, dateless character who constantly eats candy seems ridiculous; although she plays the neurotic character very well, her physique just makes it hard to believe that she has ever been at a loss for male admirers or that she constantly consoles herself with chocolates. If the world was a place where Biel couldn't get a date, then there would be little hope for the rest of us. Also, most of the film's rosily depicted relationships are predictable or cliched from the start, so the neatly tied up endings come as no surprise.

There are several funny

components within the film, however; for example, a scene where Alex prepares for his treat for Grace is laugh out loud funny. Swift's performance is also funny in an erratic sort of way, and Hathaway is hilarious when she gets to play with a few accents.

Another pleasant thing about this movie is the fact that it explores all different kinds of love; young love, elderly love, friendship, parental love, grandparental love, married love, unmarried love, new love, and old love. The film's portrayal of these types of love may not fully engage viewers, but the film at least somewhat aims to capture the message of universal love and appreciation that can sometimes become hidden beneath the commercialized wrapper of Valentine's Day.

Although *Valentine's Day* drew large audiences this past weekend as an obvious date movie, even the film's star-studded ensemble cast can only make this airy romantic comedy taste slightly sweeter than a mediocre box of chocolates.

NOW PLAYING AT THE PACIFIC THEATRE

Feb 18-Feb 20
New Moon

Feb 26-Feb 27
Whip It

Feb 25
Okuribito
(Departures)



Nutrition Myth: Don't eat after 8PM at night.

There is a popular myth that if you consume calories after 7 (or at night), you will gain weight. The truth is, a calorie is a calorie no matter when you eat it. If your busy schedule doesn't allow you to eat dinner at a "normal" hour, fueling your body when you have time is better than not eating at all. But do keep your evening meal light. Too much food will keep you up at night as your body still has to breakdown the fuel. Head to the Lair for a late-night dinner and grab the new 'NutriCat Approved' bundle: ½ a piadini with crudités.

Friend NutriCat on facebook for more healthy eating ideas at Pacific.

SPORTS

Pacific Crew Gearing Up for Their Season

Janet Cheung
Guest Writer

On Saturday, Feb. 6, Pacific Rowing put forth an outstanding performance at the 2010 Golden State Indoor Rowing (GIRC) Championships held by the Sacramento State Aquatic Center. During the cold winter months, athletes train for spring regattas indoors on ergs, the same rowing machines found in Baun. This allows rowers to continue training for 2K meter races even though the weather conditions don't allow for outdoor outdoors.

The Golden State Indoor Rowing Championships provide a unique opportunity for rowers to demonstrate their individual performance

rather than in a group. Pacific Rowing participated alongside UC Davis, Sacramento State, and Cal Maritime. A total of 350 athletes competed in 24 events. Andrew Mendoza took home the gold medal in the men's under 23 lightweight category with a 6:51.6 and Bowen AuYoung also medaled bronze with 7:03.4 in the same event. Even though they did not medal, Bryan Fraser came in fourth in the Men's under 23 lightweight and Andy Frei was 5th in the Men's under 23 open category. With such a successful outcome at indoors, there is much anticipation for the regattas that Pacific Rowing will take on this season.



Jen Myers

*Learn-To-Row on Saturday, February 20,
9:00 AM in the Main Gym*

*To reserve a spot, contact Janet Cheung
(209) 946-CREW*



Athletic Training Tip of the Week

How to rehab after injury/surgery

This tip of the week will teach you a little bit about designing a rehab program. After reading this, you will know some of the goals and tools used by the rehab clinician when they are rehabbing a patient.

There are 4 phases you go through when going through a rehab program. Phase one deals with controlling inflammation. The goals here are to limit pain and swelling. The rehab clinician may use PRICE (protection, rest, ice, compression, elevation) or therapeutic modalities to help control inflammation. Once pain and swelling have been controlled and tissue has sufficiently healed, the patient can go to phase two of the rehab program.

In phase two, you will try to restore range of motion (ROM) and still meet the same goals as in phase one. The tools used may be passive and active exercises. When ROM is about 80% of normal, pain and swelling still controlled, you may move to phase 3 where you want to start developing strength.

Here, you want to regain full ROM and regain everything you lost. Tools used might be polymeric, free weights, machines, etc.

You may move to phase 4 when ROM is pain free and strength is about 80% normal. In the final phase, you may start doing sport specific activity and still work on regaining strength, power, and endurance. The same tools can be used from phase 3, but this time you can add sport specific skills and conditioning.

Now you have an idea about rehab. You may just be able to help out a friend with their rehab or have an idea what to expect if you are going through a rehab yourself.

Sports This Weekend

FRIDAY

Baseball vs. San Francisco
6 p.m.
Klein Family Field

Baseball vs. San Francisco
3 p.m.
Klein Family Field

SATURDAY

Softball vs. Santa Clara
12 p.m.
Simoni Field

Men's Basketball vs. New Mexico State
7 p.m.
Spanos Center

Softball vs. Santa Clara
2 p.m.
Simoni Field

Women's Basketball vs. LBSU
3 p.m.
Spanos Center

SUNDAY
Women's Water Polo vs. Santa Clara
12 p.m.
Kjeldsen Pool

Interested in writing for Sports?

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with your favorite players!

Email us at pacificansports@pacific.edu!

Men's Club Rugby Match This Weekend

Schell Freeman
Sport Editor

Men's club rugby will play to San Francisco State University in a league match this Saturday, Feb. 20 at 2:30 p.m. The team is part of Division 2 of the Northern California Rugby Football Union and faces off against teams including University of Nevada at Reno, San Jose State, University of San Francisco and Humboldt State among others. They play rugby 15's, meaning the teams consist of 15 guys on the field at one time and the length of the game is 80 minutes. Rugby is similar to American football except that the clock is always running and players are not allowed to

wear padding.

Coach Kreg Nelson comments, "We have a lot of athletic talent," though he added that only a few of the team members have past rugby experience. Two players with the most experience are captains Kyle Young and Carl Bachman. Young played rugby in high school and Bachman gains his experience from playing in the Navy.

So come out to Gardemeyer Field this Saturday to watch the team play. The following game is against McGeorge School of Law and Coach Nelson says, "No one minds hitting a lawyer!" That game begins at 1 p.m. on Saturday, Feb 27.

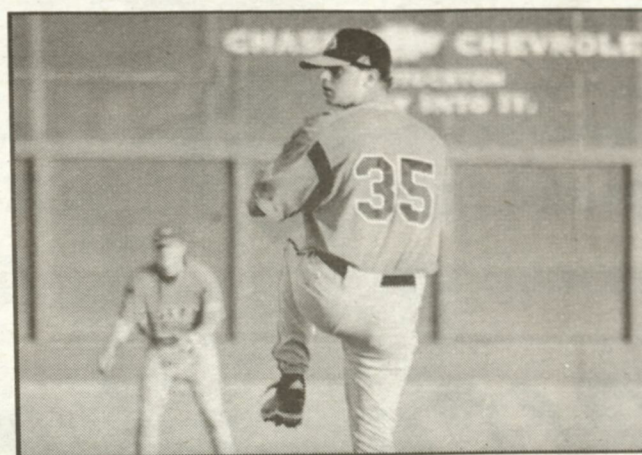
Baseball's Home Opener Kicks Off Friday

Athletic Media Relations

Coming off a season in which they finished 21-32 overall, 9-15 in the Big West Conference with several victories over top-ranked opponents, the Pacific baseball team's home opener is just days away as the Tigers look to build upon last year's success.

This weekend, the Tigers will host San Francisco to open the season for the first time in program history. USF is coming off a season in which the Dons finished 28-28 overall and 12-9 in the West Coast Conference.

All games during the 2010 season will be broadcast for free on pacifictigers.com. You can also follow every game in 2010 on Gametracker. Big West



Athletic Media Relations

Junior Marcus Pointer will take the mound for the Tigers on Friday, Feb. 19 as they face off against University of San Francisco

Conference games on the road can also be heard on KSTN 1420 AM.

Armagost's Gem Not Enough As Pacific Loses to Fresno State

Athletic Media Relations

Dominating the No. 24 ranked Fresno State Bulldogs throughout the day proved not to be enough for the Pacific softball team as the Tigers let their upset bid slip away with a 1-0, eight inning, loss on Sunday, February 14. The loss dropped the Tigers to 0-3 on the year while the Bulldogs improved to 5-0.

Looking to avenge their no-hit loss to Morgan Melloh, the Tigers wasted no time getting their first hit of the weekend against the lefty when junior Lindsey Pierce started the game off with a double down the left field line. The hit marked the first hit in eight innings for the Tigers against Melloh, but it was for not as the Tigers failed to bring home Pierce, stranding their leadoff hitter at second.

Again, the Tigers threatened in the

second, starting the inning off with another leadoff double down the left field line this time off the bat of freshman Nikki Armagost, only to strand her at third base to end the inning. The double was Armagost's first collegiate hit after going hitless in her first day of action despite picking up two RBI.

After a quiet fourth in which the Tigers picked up only a one-out single from freshman Megan Allen, Pacific put together yet another optimal scoring opportunity in the fifth, only to deny themselves. With back-to-back singles to start the inning, the Tigers again failed to get down the sacrifice bunt, lining into a double play before running into an out on an attempted steal to end the inning. The Tigers would go quietly in the six, seventh and eighth. In the circle for the Tigers, Armagost

picked up her first collegiate start. It did not take long for the freshman pitcher to show why she was the Gatorade Player of the Year in Kansas last season as she mowed through the top of the order in just seven pitches. In the second, Armagost was nearly as impressive as she only need eight pitches to retire the side in order.

Armagost finally gave up her first hit of the game in the third, but quickly dispatched the Bulldogs back to the dugout with a pair of strike outs before Wilson helped her young pitcher out by gunning down a would-be base stealer to end the inning. In the fourth, the Bulldogs would add a second hit only to be shut down with runners on first and second to end the inning.

Continuing her dominance over the Bulldogs, Armagost put Fresno State

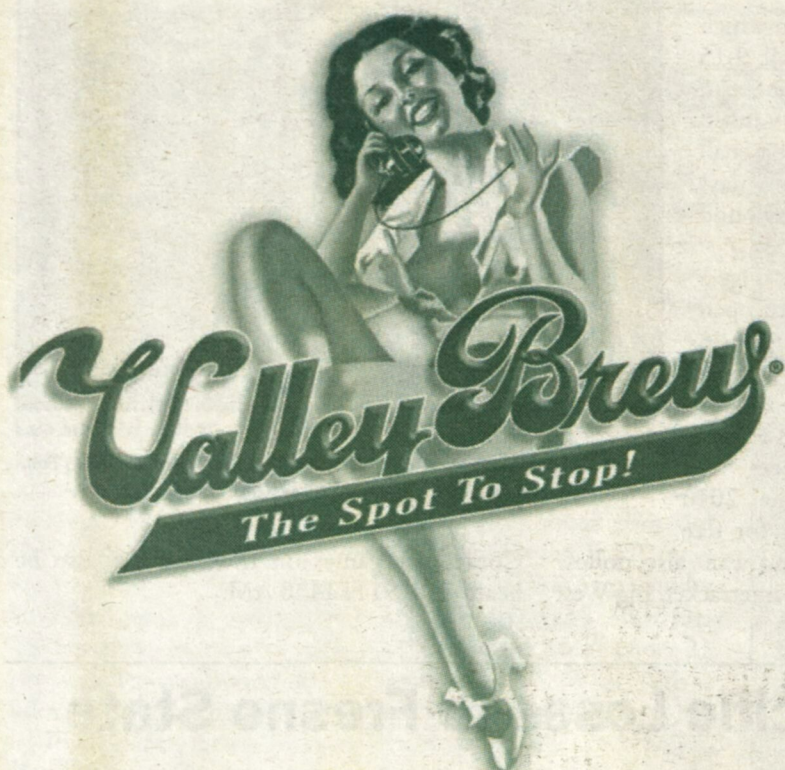
down in order in the fifth and the sixth before shutting down a potential rally in the seventh by retiring the power of the Bulldog lineup after giving up a leadoff single. In the eighth, Armagost would make her first and only mistake of the day, a mistake that Nicole Angene would deposit over the left field wall for the walk-off victory.

Overall, Armagost shined giving up just four hits in seven full innings pitched while striking out six and walking none. For the Bulldogs, Melloh picked up her fourth win of the year despite the Tigers putting her into jams throughout the entire game. She finished with nine hits against while also striking out nine and issuing no walks.

The Tigers will be back in action on Feb. 20 when they face off against Santa Clara.

Tiger X Schedule for Week of Feb 18 - Feb 24

2/18	2/19	2/22	2/23	2/24
Pilates: 8-8:45 a.m. Wood Room	Yoga: 8-8:45 a.m. Wood Room	Cycle: 12-1 p.m. Rubber Room	Cycle Fit: 7-7:45 a.m. Rubber Room	Circuit-Fit 1-1:30 p.m. Rubber Room
Lunch Time Yoga: 12-1 p.m. Wood Room	Boot Camp: 1:30-2:30 p.m. Wood Room	Cardio Dance: 4-5 p.m. Wood Room	Fit & Functional 8-9 a.m. Wood Room	Zumba: 4:30-5:30 p.m. Wood Room
Cardio Dance: 5-6 p.m. Wood Room	Hip-Hop: 3:00-3:50 p.m. Wood Room	Yoga: 5:30-6:55 p.m. Wood Room	Lunch Time Yoga: 12-1 p.m. Wood Room	Yoga: 5:30-6:55 p.m. Wood Room
Cycle: 6-7 p.m. Rubber Room		Cardio Kick: 7-8 p.m. Wood Room	Yoga: 5:30-6:45 p.m. Wood Room	
Capoeira: 7-8 p.m. Rubber Room		Cycle Fit: 7-8 p.m. Rubber Room	Cycle: 7-8 p.m. Rubber Room	
		Cardio Kick II: 8-9 p.m. Wood Room	Abs/Core 8-8:30 p.m. Rubber Room	



Now Accepting Pacific Cash!!!

**157 W. Adams St.
464-2739**

**Open 7 days/week
Lunch - Late Dinners**

Music Event Calendar

February 27
8:00 p.m.
Marirose

February 28
7:00 p.m.
Elvis Impersonation

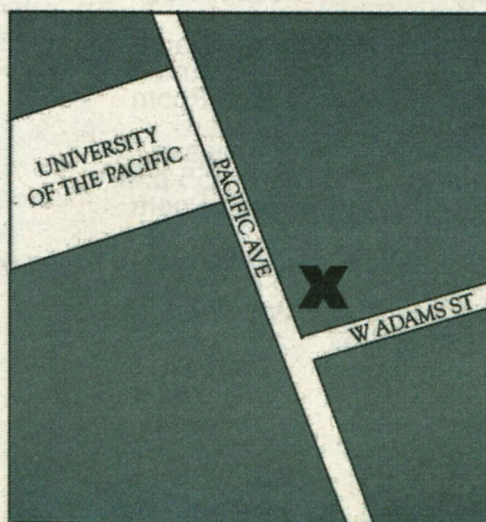
March 5
7:30 p.m.
"Still Sane"

March 17
6:00 p.m.
St. Patrick's Party
All Day
Nick Elwood Band

March 21
7:00 p.m.
Elvis Impersonation

COVER for all events

THE NICK ELWOOD BAND



Restaurant/Pub

**Microbrewery Tours Available
Banquet Room -**

**No Charge for UOP events
Faculty and students**